

## Garmin Marathon

### Level II Schedule

**Goal:** To finish the marathon within a certain time.

**Recommended Background:** Average weekly base of 20-50 miles in the last 3 weeks

At least one 10-16 mile run

Phase	Dates	Sun	Mon	Tuesday	Wed	Thursday	Fri	Saturday	Mileage
<b>Strength</b>	-----	R/C/O	C+R	F	C+R	HR+St	C/O	L/G	-----
	August 15-21	3-5	3-6	5-8F (5-10)	3-6	5-8HR (5-10)		12-18G(6/12-2-4)	22-51
	August 22-28	3-5	3-6	5-8F (6-12)	3-6	5-8HR (6-12)		14G(4/8-4-4)	24-47
Recovery	Aug. 29-Sept. 4	2-3	2-4	4-6R	2-4	4-6R	O	16-20L	24-43
<b>Speed</b>	-----	R/C/O	C+R	S/H	C+R	T	C/O	L/G	-----
	September 5-11	3-6	3-7	6-9S 4-6X800	3-7	6-9T 2-3x1 Mile		12-16G(4/8-6-4)	24-54
	September 12-18	3-6	3-7	6-9HR (8-16)	3-7	6-9T 2-3x1.5 Mile		18-22G(6/10-8-4)	30-60
Recovery	September 19-25	2-4	2-5	4-7R	2-5	4-7R+HR (3-6)	O	14-16L	22-44
	Sept. 26 - Oct. 2	3-7	3-8	7-10S 6-8X800	3-8	7-10T 2x2 Mile		20-22G(8/10-10-2)	34-65
	October 3-9	3-7	3-8	7-10HR (9-18)	3-8	7-10T (3/6-3-1)		12-16G(4/8-4-4)	26-59
Recovery	October 10-16	2-5	2-6	5-8	2-6	5-8R+HR (4-8)	O	20G(7-12-1)	30-53
	October 17-23	3-6	3-7	7-9S 6-8X800	3-7	7-9T(3/5-2-1)		12-15G(3/6-8-1)	26-53
<b>Peak</b>	-----	R/O	R/O	H/G	R/O	T/G	O	SL/G	-----
	October 24-30	3-5	3-6	6-8S 4-6X800	3-5	5-7T 2x1 Mile		8-10G (3-4-1/3)	19-41
	Oct 31-November 6	2-3	2-4	4-6G 4x800	2-4	3-5G 4X400		Garmin	7-22

-Can run 3 to 6 days a week. Tuesdays/Thursdays/Saturdays are the most important workouts to do. Pick up where you've left off with the number of daily runs and mileage and you'll do just fine while gradually building from there.

-Ranges allow finding the sweet spot given how your body and mind feel – do more if you feel good/less if you don't

-Do a couple of tune up races to gain valuable race experience while they'll provide the best overall speed workout.

Base your tempo and speed workout pace on your 5K race pace or do a 2 mile time trial to determine this.

-Recovery weeks are built in to improve your chances for staying healthy and recover enough for race day.

### Key Terms

**O = Off Day/Complete Rest/ No cross training.** Active recovery such as foam rolling recommended.

**C = Cross training.** Strength training that works the glutes/hips/core is strongly recommended 2-3 times a week.

Can also do non-weight bearing aerobic activities you enjoy such as aqua jogging, swimming, or spinning.

**R = Recovery Workout.** Very relaxed effort over flat to rolling terrain or off the pavement for short duration.

Stop every 5-10 minutes during to stretch and muscle floss to loosen up tight spots. Have fun!

**L = Long Workout.** After a 2 mile warm up, run at a moderate effort (30-90 seconds per mile slower than goal pace)

**F = Fartlek.** 5-8F (5-10) means to warm up a few miles, perform 5-10 pickups where you run at sub 5K race effort for 1 minute followed by a 1-2 minute recovery jog after each and cool down for a total of 5-8 miles.

**HR = Hill Repeats.** 5-8HR (5-10) means warm up a few miles and then perform 5-10 minutes of pickups on a hill where you run at 5K-10K effort for 30-60 seconds followed by a recovery jog/walk back down. ½ mile cool down.

**G = Goal Pace Workout.** 10-16G (6/12-2-2) means to warm up and settle in for 6-12 miles, 2 miles at marathon goal pace, 1 mile cool down or recovery mile with one additional mile at long run pace depending on your mileage.

On warm days, can alternate 1-2 goal pace miles with a recovery mile to cool off and maintain the quality.

**T = Tempo Workout.** 6-9T 2-3x1 Mile means a track workout of two to three 1 mile repeats at 10K pace or 20-40 seconds slower than 5K pace with a 1-3 minute recovery jog in between. With a 15-30 minute warm up and 5 minute cool down, distance is 6-9 miles.

**S = Speed Workout.** 6-9: 4-6X800 means a track workout of four to six 800 meter repeats from 5K race pace up to 20 seconds per mile faster than 5K pace with a recovery lap after each repeat. With a 15-30 minute warm up and 5-10 minute cool down, total mileage is 6-9 miles.

**+ = And Optional.** C+R means to cross train with the option of adding a recovery run

**/ = Or.** C/O means to either cross train or take the day off